God's Altars Everywhere.

Thou who hast set Thy dwelling fair starry lights,

And set Thy altars everywhere-On mountain heights,

a dream,

stream-

the wings

Of morning, to abide And on far islands, where the tide Visits the beauty of untrodden

shores, to Thee

In Thy great out-of-doors, prayer,

God of the open air!

How to Get Sleep

1. If you have anything on your mind, from a sonnet to a soup, ' make a note of it." It is less nerve expense to use a paper tablet than to use the brain tablet.

bed as a year-old babe. "Rest, relaxation, repose." Station these Delsarte graces at the approach to your nerves. If your nerves are overtaxed they will find rest; if not these three will stand guard against a Thy love has prepared; and, oh, may thousand so-called duties.

3. You are too tense. When you think, use the brain alone. You cannot have repose of mind without repose of muscle. A well-known author complained that his knees ached a strength unbroken to the last .while he was writing, and that his Interior. arms ached when he was walking. He broke down. Too tense.

4. Do no mental work after eight only with restful persons.

In extreme cases the sanitarium people use the ice-cap—a close-fitting the headings, if you please: double rubber cap filled with pounded ice.-Exchange.

A Matter of Dress.

I wish I knew how to make you like housework," sighed Mrs. Hantime.

"I wish you did," replied Helen, dejectedly. "As long as I've got to their God. do it, I'd be glad to like it. But as it is-ugh!'

"But it is a good exercise; all the magazines say so," her mother pro- year. tested, "Why can't you like it as well as you did your work in the gymnasium?"

"Oh, gym work's different. It's such fun to get into your gym suit, in the first place. You feel so free and so frisky you're ready to do anything. Why, I believe I could even like housework in a gym suit!"

"Suppose I made a suit just like your gymnasium suit especially for housework. How would that do?" Heien's gymnasium suit had always been a pleasure to her mother because of its trim lines, so unlike the loose, baggy effect of the usual blouse and Turkish trousers. She saw at once its fitness for household use, and proceeded to make a dupli-

The problem of a wash material that was heavy threatened to prove an obstacle until she remembered and in obscure corners, if at all, is the serviceable creepers and dresses the record of the Humdrum Lifeof galatea cloth she had made for the life that you and I and the great the children when they were small.

There were such pretty patterns best to live.—Exchange. to be found in this material that she had little difficulty in choosing what seemed to her most eminently satisfactory even to Helen's fastidious

with the numerous dainty waists down his bow. "Every time I get to with turn-down collars and shirtsleeves to wear with it, she did not ma, please, can't I stop?" try to conceal her delight.

"Dress does make a difference." she remarked as she went about her morning tasks. "Can't I do something hard to-day? I feel just

ling about her ankles to trail up the dirt when she swept or to trip her to play if you want to." up when she ran upstairs. There were no constrictions about her waist to interfere with entire freedom of movement, and yet the suit fitted her with a very odd look in her eyes, and trim. Her sleeves were short; they were not in the way when she out to their utmost. No scratchy promise for him," replied mamma, collars chafed her neck; in a word, she was thoroughly comfortable under all circumstances.-Good Health.

How to Get Strong.

P. J. Daly, of 1247 W. Congress St. Chicago, tells of a way to become strong. He says: "My mother, who is old and was very feeble, is deriving so much benefit from Electric Bitters, that I feel it's my duty to tell those who need a tonic and strengthening medicine about it. In my mother's case a marked gain in flesh has resulted, insomnia has been overcome, and she is steadily growing stronger." Electric Bitters quickly remedy stomach, liver, and O set Thy seal on every word and kidney complaints. Sold under guarantee at all Druggists. 50c.

Men shall differ, each thereby being true to himself before God, and after the manner of his own possibilities and necessities, so receiving Christ .- Charles Cuthbert Hall.

The Caucasian will be sent from now until November 15th, in clubs for only 20 cents each.

The God of the Aged.

Rust has been the ruln of many With flowers beneath, above with a bright intellect. The celebrated Dr. Archibald Alexander, of the Princeton Theological Seminary, kept young by doing a certain amount of In woodland valleys dim with many intellectual work every day, so that he should not lose his touch. He And in valleys bright with springs, was as full of sap on the day before And in the curving capes of every his death as he was when a missionary in Virginia at the age of two Thou who hast taken to Thyself and twenty. He prepared and often used a prayer that was so beautiful that I quote a portion of it for my Upon the secret places of the sea, fellow-disciples whose life-clock has struck three score and ten:

"Oh, most merciful God, cast me not off in the time of old age; forsake Walting for worshippers to come me not if my strength faileth. May my hoary head be found in righteousness. Preserve my mind from To Thee I turn, to Thee I make my dotage and imbecility, and my body from protracted disease and excruciating pain. Deliver me from de--Henry Van Dyke. spondency in my declining years, and enable me to bear with patience whatever may be Thy holy will. humbly ask that my reason may be continued to the last, and that I may be so comforted and supported that I may leave my testimony in favor of the reality of religion and of Thy 2. Relax. Lie as limply in your faithfulness in fulfilling Thy gracious promises. And when my spirit leaves this clay tenement, Lord Jesus, receive it. Send some of the Wenever I 'ist squeak a chair blessed angels to convey my inexperienced soul to the mansions which I have an abundant entrance ministered unto me into the kingdom of our Lord and Saviour Jesus Christ.' This beautiful petition flooded his closing years with sweet peace, and

The Humdrum News.

The American Humdrum News o'clock in the evening. Associate should be the most widely read paper in all this country. Did you 5. Place a handkerchief wet in ever see a copy? NO-nor I-but cold water at the base of the brain. just glance with me in imagination over the pages of one issue, just at

faithfully for periods ranging from little girl. ten to twenty-five years.

Second Column Heading-100,000 Ministers of the Gospel are not son to her daughter for the twentieth scoundrels-they have labored all their lives with tireless unselfishness, faithful to their trusts, faithful to

Three-column large type heading -Twenty Million Married Couples in this country were not divorced last

Smaller headings: Five Million Laborers kept sober all last year.

Most women are good women. Eighty Million Citizens have not committed suicide

Ten Million People made railroad trips in safety last week. Would we buy the Humdrum News? No, we wouldn't-we would

believe in it, of course; we might even rejoice in it; but pay our good money for it-never!

But there is one thing that we can all learn from this never-to-be-published paper, to-wit: the front page of the modern newspaper does not reflect the real conditions of modern life. The reason why the news in the daily press is a record of crime and misconduct is because it is the one case in a thousand. In small type majority of our fellows are doing our

The Violin Lesson.

"I can't do this horrid lesson today!" exclaimed Freddie, coming When Helen found the pretty suit, out of the bay window and throwing that top note it screeches. Mam-Mamma looked out the bay win-

dow. There, just as she supposed, were three of Freddie's friends, playing hop-scotch on the common. "I heard a little boy promise his music teacher on his word of honor It was no wonder she felt like that he would practice an hour every work. There were no skirts dang- day. Just as you please, though, Mary's arms into those of the little Freddie. You may stop and go out girl. And the little girl's father

hat and coat; and when he came into the little girl sat down on the grass. the sitting room, there stood mamma figure, and felt and looked both neat drawing the bow slowly across the that the factory smoke was making

> "Why, what are you doing, mamsee-sawing busily. "O!" said Freddie. That hat and

jacket came off again. "You needn't do that, thank you, mamma," he returned, taking the violin and tucking it under his chin. Mamma laughed. "I am glad I

need not," she said; "for between you and me, Freddie, I am afraid it screeched very badly for mamma." "It's going to behave now, mamma," twinkled Freddie.-The Argus.

Thine own

Great gift of speech; cool Thou our anger's heat: tone.

Till we in everything Thy praise repeat. Keep Thou our lips and check the

hasty word Our feverish, untrained souls would send through them. Keep Thou our lips from speaking guile, O Lord,

Who by our words doth judge, by them condemn!

-Stanley P. Chase.

Ma, she says: "S-s-h-h!" says, "Don't!" Aunt Lou, she says: "Kee-ee-ee-p

An' Grandpa says, "Oh, go outside If you mus' wissle, Bill!" n' even Jane, the hired girl, Says, "Goodness, hush that noise!" s plain enough to me 'at home Asin't no fit place for boys.

'En Pa says: "S-s-h-h!" an Ma says: "Don't!"

An' Grandpa says: "Land sakes!" An' 'en Aunt Lou says: "Gracious

What noise one youngster makes!" An' Jack, the hired man, he says: "My heavens! W'at a noise!" So I 'ist have to go outside, 'Cuz home's no place for boys.

'En I go down to Uncle Jack's, An' he says: "Gracious me! Here is that nervy boy of mine, Come on, Aunt Moll, an' see!' 'En we 'ist go inside an' make Such a big lot of noise.

It seems to me 'at Uncle Jack's

The only place for boys.

Nobody never says "S-s-h-h!" there Or "Don't!" an' Uncle Jack 'Ist cuts up capers like a boy

Till it's time to go back. An' 'en' ist like it was before, Aunt Lou says: "Tush, boy, tush!" Pa says: "Now, Bill, don't slam the

An' Ma, she 'ist says: "Hush!"

My! but I'd like to live somew'eres W'ere people don't say, "Tush!" Or "Goodness me!" or "Sakes alive! Or "Don't!" or "S-s-h-h!" or "Hush!"

Or make a little noise. Cuz such a place as that would be A splendid place for boys. -J. W. Foley.

Mary Ann Finds a Pet.

It was noisy and dirty where Mary Ann lived. The big trains thundered past every hour of the day and rattled the windows.

But there was the tunnel. Not' forty feet from Mary Ann's front gate it opened its great black mouth and Mary Ann was never tired of watching it swallow the great long

And at the other end of the tunnel was the country. Mary Ann had never seen the country, but she knew Bank Cashiers have done their work all about it, for that was where her

"O, child! If we could get your father into the country!" Mary Ann's mother would often say, and then she would sigh and look up from her work at the clouds of smoke pouring from the chimneys of the factory where her father worked.

Mary Ann knew why her mother sighed. The doctor said it was the smoke which made her father's face

One hot day in summer she was swinging on the front gate eating a radish. She took small bites to make it last as long as possible and stopped now and then to lean out over

Suddenly Mary Ann heard a pitiful little whine. She looked and listened. She heard it again and this time she saw that it came from a dirty little bundle of hair that lay quivering on the track. She called excitedly to her mother and they picked up the poor little bundle, which they found to be a little, dirty, white dog with brown eyes. "Run for some water, Mary Ann," said her mother putting the dog

down on the tiny porch. "Look, Mamma," exclaimed Mary "He has a shining color on and it has some writing on it."

Her mother looked and read it, 'Wiggles'; that must be his name." "Dear Wiggles," murmured Mary Ann, patting his head softly.

When Mary Ann's father came home that night he said Wiggles's home was just the other side of the tunnel and he would take him home on the next train; Mary Ann might go, too. Mary Ann caught her breath. To go through the tunnel and to see the really truly country! It was all like a wonderful dream.

Mary Ann cannot remember just what happened next, but she remembered that she was walking by her father's side, the dog clasped tightly in her arms, when a little girl in a white dress came flying toward them and Wiggles gave a bound from shook hands with Mary Ann's father, Freddie ran and skipped for his and then Mary Ann and Wiggles and

And what do you think happened then? The little girl's father found C. J. RHODES, Mary Ann's father ill and he asked him to bring Mary Ann and her

And so he did. The first night that Mary Ann was tucked into bed in the new home she murmured happily," An' 'twas all on account of Wiggles."-The Congregationalist.

A Sure-Enough Knocker.

J. C. Goodwin, of Reidsville, N C., says: "Bucklen's Arnica Salve is a sure-enough knocker for ulcers. A bad one came on my leg last summer, but that wonderful salve knocked it out in a few rounds. Not even Dear Lord, teach us to use aright a scar remained." Guaranteed for piles, sores, burns, etc. 25c. at all Druggists.

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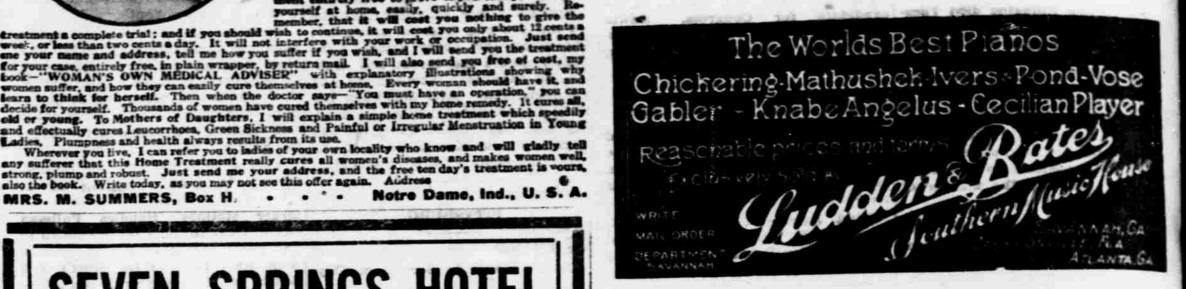
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Effective Saturday, December 1st, 1906, at 12:01 A. M.

STATIONS. Read Up. Daily Daily Daily Eastern Time Daily 7:55 8:40 8:00 Lv Goldsboro 11:20 8:50 7:55 8:13 Millers 11:07 7.87 4.01 8.21 Best's 10.58 4.18 1.28 8 31 LaGrange 10 47 4.25 7.18 Falling Creek 10 35 4.40 7.00 8 56 Kinston 10 22 4.52 9.13 6.46 Caswell 10.08 5.02 5 36 9 23 Dover 5.58 5.16 6.20 9.41 Cove 9.41 5.26 6.10 9.51 Tuscarora 9.31 5.31 5 56 6 04 Ciarks 9.26 5.48 10.10 5.48 New Bern LI 1.55 5.40 10.15 New Bern 9.05 6.18 5.15 10.34 Riverdale 5 43 6.22 5.11 10 38 Croatan 6 36 4.59 10.59 Havelock 8 27 6.52 4.43 11.06 Newport 8.11 1.37 6.58 11.12 Wildwood 8.05 4.88 7.02 11.16 Mansfield 8 01 1 22 7 20 11 30 Morehead City 7.5(4 05 7.40 11.50 Ar Beaufort Lv 7.10

Pv R. E. L. BUNCH, Traffic Manager, Goldsboro, N. C. Goldsboro, N. C., Nov. 80, 1906.

A. M.

Daily

P. M.

Daily

Read Down.

By H. C. HUDGINS, Gen. Freight Agent, Goldsboro, N. C.

A. M.

Daily

P. M

Daily